



PE and Sport at Kilmorie

Welcome to the Spring term PE and Sport Newsletter! As always, Kilmorie has been busy with sporting events this term.

LUNCHTIMES

Lunchtimes have continued to be really busy. Each day there are several sporting activities the children can take part in from skipping to gymnastics, from tennis to hula hooping. There really is something for everyone. The activities in the cage have continued in their popularity with a wide range of sports being played there. The most popular ones lately seem to have been basketball, multi-skills and even handball!

FIXTURES

The whole school from Reception up to Year 6 took part in an inter and intra-speed bounce competition, where all children had to jump over the speed bounce mat as many times as possible in 20 seconds. The winning boy and girl from each class then competed against the other classes in the year until we had a boy and girl winner for each year group. Their names were then sent off to compete against nine other schools. I think we can confidently call ourselves brilliant bouncers as we had a massive four winners! Well done to all the children who took part in the competition. The forthcoming competition will be in skipping, so get your children practising.

The football teams have been kicking their way to glory too. The Year 5/6 boys team ended fifth in the Monday night tournament. After a slow start they had some last minute wins, which saw them zoom up the leader board. The girl's team has now taken over the Monday night tournament and brought back a massive 4-0 win in their first match! They also took part in two tournaments where they came third place in both. They won medals and brought back a trophy. Do look at the trophy shelf next time you are near the office. The equivalent boys' tournament is due.

The basketball team have also taken part in a competition against other schools and took fifth place out of seven teams. I was very proud of their effort and commitment on the day.

IN THE CLASSROOM

Specialist teachers have been visiting again. Each year group have or will benefit from a specialist visiting teacher this academic year. Matt from a local hockey team has been in to work with the Year 5 children, while John worked with the Year 6s to improve their rugby skills. David from the FA is back for Spring 2 half term to continue his work with the Year 2 children and John will return to work on multi-skills with the Year 1s.

THE DAILY MILE

The Daily Mile has arrived at Kilmorie! The Daily Mile has been well covered in the press, thanks to the benefits it has reportedly had on the children (and probably the adults) from participating schools. A recent scientific study was conducted in the London borough of Waltham Forest and reported the drastic impact taking part in the Daily Mile had on the children. Not only did their overall fitness levels increase, but they reported a higher level of wellbeing and a massive increase in academic achievement. If you would like some more information, please visit the following website: <http://thedailymile.co.uk/>

Another great thing about the Daily Mile is that it is as simple as it sounds. I measured out a mile as being 19 laps of a specified area of the playground, so each day (where it is not raining, snowing, the children are on a class trip, or similar obstacle) the children will have the opportunity to either run, or a mixture of run and walk around the playground. For those who cannot manage a whole mile, the important thing is that they will be moving for 15 minutes. When all the children from that class has completed their circuits, they will add a sticker to the chart located near the office. At the end of each week, we will be able to see which class has completed the most miles!

Written by Kate Glasheen

Assistant Head Teacher
and P.E. Co-ordinator



UP AND COMING

- Annual inter and intra-school skipping competition
- Year 5/6 boys football tournament
- Year 3/4 boys football tournament
- Girls' Monday night football will continue this term

